



Who to ask for help or information

- your treating doctor
- your nearest palliative care service
- any member of your palliative care team

What if you do not speak good English?

The palliative care team is sensitive to your culture and language. Please do not hesitate to ask for an interpreter. You can use a qualified interpreter or a family member.

Volunteer Support

Caring for someone with a terminal illness can be emotionally and physically exhausting. Volunteers provide relief to carers by providing practical assistance and emotional support.

To find out more about how you can help, contact your local palliative care service.



Palliative Care Council of South Australia Inc

A.B.N 66 185 542 917

Telephone: 8291 4137

www.pallcare.asn.au

Free call: 1800 660 055

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Caring for someone who has a terminal illness

Relief Comfort Support

Palliative Care *a team effort*



Palliative care is a team effort

What is palliative care?

Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with a life limiting illness.

It is recognised that a range of problems, including physical, emotional, social and spiritual may need attention.

Where?

Palliative care is delivered, where possible, *where the person wants to be*. It can be provided in:

- the person's own home
- a hospice
- a hospital
- residential aged care facility or other health care facility

Family, relatives and friends are the main carers. Professional help can come from the palliative care team.

If I am in pain, can it be eased?

In almost all cases, pain relief can be achieved by using a range of medications, massage, meditation, aromatherapy, acupuncture and radiotherapy, where appropriate.

What is a hospice?

A place devoted to care of the terminally ill, staffed by specifically trained doctors, nurses, social workers, physiotherapists and volunteers, offering total care for patient and family, including physical, emotional and spiritual support.

